



# Parents

## Are We Doing the Job Well?

Do I regularly tell each of my children I love them and hug them?

Do I really listen to (and hear) my children when they talk?

Am I available when my children need me?

Do my children bring their personal problems to me?

Do I trust my children? Respect them?

If I have to criticize my children, do I do it in private?

When I have to discipline, do I explain why?

Have I accepted responsibility for the sex education of my children?

Do we, as parents, avoid fighting in front of our children?

Am I really interested in my children's activities?

Can my children have real privacy in our home?

Have I allowed my children to make decisions appropriate to their age?

Do I know where my children are at night?

Can I admit my own mistakes openly, not blaming my children or other adults?

Do I show my children that I can learn from my mistakes?

Will my children want to be the kind of parent that I am?



For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services,  
NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org